

A WORD FROM THE EXPERTS

Safer Choices

Interviews with Developers of Evidence-Based
Programs for Teen Pregnancy Prevention



Inclusion on the HHS TPP Evidence Review does not imply endorsement from OAH; program selection is up to grantees.





Karin Coyle, PhD
Senior Research Scientist
ETR

Program goals:

- Reduce number of students who begin or have sexual intercourse
- Increase use of condoms and other methods of protection among those having sex

Target population:

- High school youth

Key components:

- School organization
- Curriculum (9th & 10th)
- Peer resources/school environment
- Parent education
- School-community linkages

Delivery methods:

- Educator led classes
- School-wide activities

Previous evaluation results

■ Study #1¹

- ✓ Population: California and Texas urban and suburban high schools
- ✓ Findings:
 - Reduced the number of acts of intercourse without a condom among sexually experienced students at the 7-month and 31-month follow-ups
 - Reduced the number of partners with whom sexually experienced students had sexual intercourse without a condom at the 31-month follow-up
 - Increased the use of effective STD and pregnancy prevention methods at last intercourse among sexually experienced students at the 7-month and 31-month follow-ups
 - Improved the majority of the psychosocial variables related to sexual risk-taking behaviors (e.g., HIV and STD knowledge, self-efficacy to get and use condoms, condom use norms, parent-child communication) at all 3 follow-ups



¹ Coyle, K., K. Basen-Engquist, D. Kirby, G. Parcel, S. Banspach, J. Collins, e. Baumler, S. Carvajal and R. Harrist. 2001. Safer Choices—Reducing teen pregnancy, HIV, and STDs. *Public Health Reports* 116 (Suppl.1): 82-93.

Previous evaluation results

■ Study #2²

- ✓ Population: California and Texas urban and suburban high schools
- ✓ Findings: Among Hispanic youth, delayed the initiation of sex for 31 months



■ Study #3³

- ✓ Population: California and Texas urban and suburban high schools
- ✓ Findings: Increased condom and contraceptive use among sexually active students at baseline at the 7-month and 19-month follow-ups; these effects were no longer statistically significant at the 31-month follow up

² Kirby, D., Baumler, E., Coyle, K., Basen-Engquist, K., Parcel, G., Harrist, R. and S. Banspach. 2004. The “Safer Choices” intervention: Its impact on the sexual behavior of different subgroups of high school students. *Journal of Adolescent Health* 35 (6): 442-452.

³ Kirby, D., Baumler, E., Coyle, K. 2011. The impact of “Safer Choices” on condom and contraceptive use among sexually experienced students at baseline. Unpublished Manuscript Submitted to In response to PPRER@mathematica-mpr.com “Call for Studies” due on January 7, 2011

Target population

- Evaluated populations
 - Urban and suburban schools
 - Multi-racial/ethnic youth
 - Curriculum tested in Grades 9 and 10
 - Tested with all teens regardless of sexual experience
- Target populations
 - Mixed- and single-gender classrooms
 - Racially and ethnically diverse groups
 - Urban, suburban, rural, low income
 - All teens regardless of sexual experience



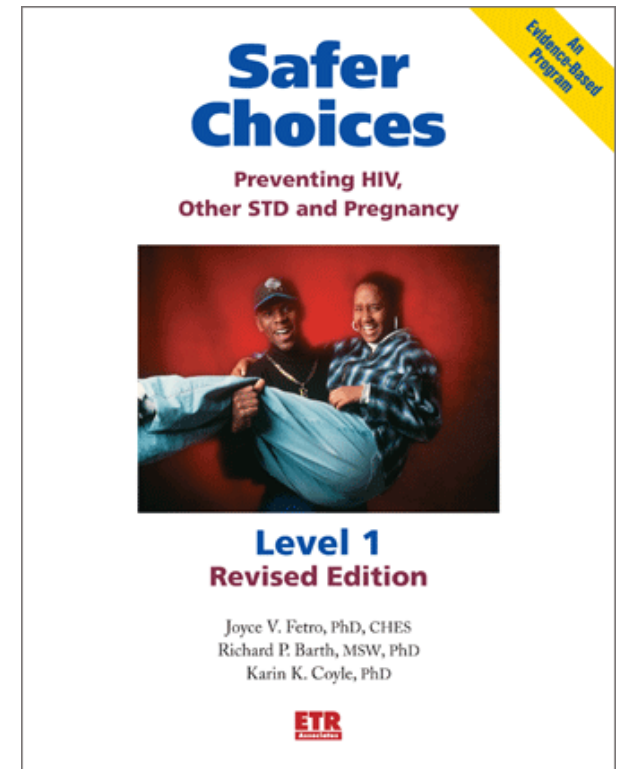
Settings

- Evaluated settings
 - Urban and suburban high schools
- Other settings
 - Rural high schools



Potential and successful adaptations

- Potential adaptations
 - Cultural relevance
 - Specific ethnic/racial groups
(green light)
 - Language
 - Edit or translate to other languages
(green light)
 - Target population
 - Younger or older youth
(yellow light)



Note: TPP grantees must obtain prior approval from OAH for any adaptations.

Staffing considerations

- **Staffing considerations for curriculum component**
 - 1 educator per class
 - Multiple classes concurrently
 - Classroom teachers (*health, science, social studies teachers*) or CBO-based visiting health educators
 - Characteristics of educators:
 - Connections with youth,
 - Experience with interactive activities (role plays),
 - Experience/comfort with sexuality education
 - Been trained to implement curriculum



■ ETR Distributive Learning Process



■ Training services (packages or a la carte)

- Training of Educators (TOEs)
- EBP Boosters
- Training of Trainers (TOTs)
- Program Enrichment Training
- Tailored TA/Consultation
- More information:

<http://www.etr.org/ebi/training-ta/>

Challenges / strategies for success

■ Common challenges

- Implementing all 5 components
- Engaging parents
- Determining best classes for curriculum component



■ Strategies for success

- Use existing structures and supports for program components
- Promoting parent-child homework activities within curriculum
- Finding classes that serve most or all youth in 9th/10th grades for curriculum

Recent or planned revisions

- Recent or planned curriculum revisions
 - Updated and reprioritized birth control information
 - Updated facts and source citations

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://www.tppevidencereview.aspe.hhs.gov/>
- **Implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?id=3&sid=194&mid=1>

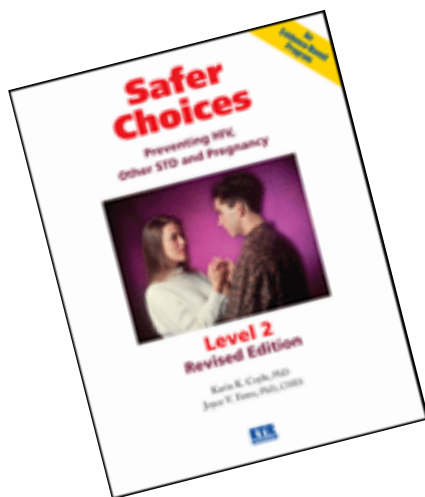
- **ETR's Safer Choices**
 - <http://www.etr.org/ebi/programs/safer-choices/>
- **ETR's Evidence-Based Program Center**
 - <http://www.etr.org/ebi/>
- **ETR's Training and TA Packages**
 - <http://www.etr.org/ebi/training-ta/#packages>
- **ETR's Online Store**
 - <http://pub.etr.org/productdetails.aspx?id=100000118&itemno=S161>

Thank you!

Karin Coyle, PhD

Senior Research Scientist

ETR



karinc@etr.org

Questions?

Go to ETR's [Program Support Help Desk](#)